

Thursday, August 5, 2004

Grant County, ISDH offer hepatitis A clinic

When a case of hepatitis A was confirmed in an employee of a Marion fast-food restaurant recently, the Grant County Health Department and the Indiana State Department of Health sprang into action.

Just three days after the initial case was reported to health officials, nearly 6,000 people had received shots as part of a large effort to prevent the spread of the disease in the community and beyond.

Hepatitis A is caused by a virus that inflames the liver. It can be spread when fecal material from an infected person is ingested by someone who has never had the disease.

While rarely causing long-term damage or death, hepatitis A can cause fatigue, nausea, vomiting, diarrhea, abdominal pain, mild fever, and jaundice.

A dose of immune globulin (IgG), also called gamma globulin, can provide temporary immunity to Hepatitis A, and may prevent illness in people who have been exposed in the last 14 days.

The flurry of activity began on July 27, when the Grant County Health Department was informed about the case involving the restaurant employee.

The State Department of Health was then notified. A short time later, it was determined that a clinic would be needed to give shots of immune globulin to patrons who ate at the restaurant between July 13–27, and may have been exposed to the virus.

By the morning of July 28, a building at the Grant County Fairgrounds had been secured and



Photo by Robyn Montgomery

Citizens wait in line outside the clinic at the Grant County Fairgrounds.

hours of operation for the clinic had been established. The two-day clinic was scheduled for Thursday, July 29 from noon to 8 p.m., and Friday, July 30 from 9 a.m. to 8 p.m.

A number of State Department of Health employees also made their way to Marion to assist the Grant County Health Department. News releases were also sent out by the Office of Public Affairs. The first one informed the public about the confirmed case in the

Photo by Stephanie Jackson



Volunteers are briefed prior to the start of the clinic.

restaurant employee, and the second one announced plans for the clinic.

During the morning of July 29, a large number of staffers and volunteers were busy turning the Grant County Fairgrounds 4-H building into a makeshift clinic, complete with a registration table, screening area, medical evaluation area, and two separate areas for shots—one for adults only and one for families.

By the time the clinic opened at noon, long lines had formed outside the building, and the lines remained long throughout the day as hundreds of people passed through the clinic. The clinic also received plenty of media attention, as news crews came to capture the efforts of public health workers as they tried to prevent the spread of an infectious disease. At the end of the first day, more than 2,200 people had received a shot.

On the second day, a larger core of volunteers and additional stations made for even bigger numbers, but much shorter lines.

With the clinic servicing more than 350 people per hour at some times, the second day total topped 3,500 for a two-day total of more than 5,800 people at the Fairgrounds location.

---Andy Zirkle

Health fair visitors 'cash in' on screenings, information

Thousands of visitors "cashed in" on better health at the 2004 Black and Minority Health Fair, July 15 – 18.

Sixteen State Department of Health booths were among the 200 at the fair, according to Health Fair Director Martha Bonds, [Office of Minority Health](#).

Among the \$1,000 worth of health screenings available to visitors were: vision, sickle cell anemia, glucose, cholesterol, dental, and blood pressure.

The health fair was a great success, said Bonds, explaining that early estimates show that more than 108,000 individual screenings were performed – surpassing last year's figures. A record number of cholesterol screenings were performed on Saturday, as well.

Actress and singer Della Reese gave the keynote address on Thursday (see related story). Her appearance was



An estimated record number of individual health screenings were performed at the 2004 Black and Minority Health Fair.

sponsored by GlaxoSmithKline.

"Della's presence was awesome," said Bonds. "She shared her personal feelings about diabetes to thousands of people. What a courageous thing to do."

The entertainment stage offered the community a venue to showcase their talents, Bonds said.

Acts included Rodney Bryant and the IYMGC Choir, Body Dynamics of Indy, the Wheeler Karate Team, the Mt. Carmel Baptist Church Praise Dancers, among others.

"This event is a labor of love for me," said Bonds. "But I couldn't have done it without the planning committee, the volunteers, the Indiana State Police, and our sponsors."

Mark your calendars: The 20th annual Black and Minority Health Fair is scheduled for July 14 – 17, 2005.

Della Reese shares her story of living with diabetes

Photo by Dan Axler



Actress/singer Della Reese was the keynote speaker at the 2004 Black and Minority Health Fair.

GlaxoSmithKline.

Her story, as told during an interview with *The Express*, and during her keynote address, involves coming to terms with type 2 diabetes, and her decision to make lifesaving lifestyle changes.

"I'm at war with type 2 diabetes for the quality of my life," she said.

Her story begins four years ago during a television taping in Salt Lake City. She does not remember much about that taping, saying "cut" at the end of the scene.

A trip to the doctor yielded no new information, and it wasn't until she returned home to Los Angeles and checked into a hospital that she was diagnosed with type 2 diabetes.

"All the information I knew about type 2 diabetes at the time was negative," she said describing complications that friends had suffered, and some even dying from them.

To Della Reese, telling her story about type 2 diabetes is her way of giving back something to her fans. "This was the gift I wanted to give," said the acclaimed actress and signer.

At the age of 73, Reese's participation July 15 as the keynote speaker at the Black and Minority Health Fair was part of a nationwide educational campaign called, "Della Reese: Stronger Than Diabetes," which is sponsored by

It wasn't until she changed her mind about diabetes that she changed her life. "I don't want to lose my legs. My husband likes my legs," she said with a chuckle.

Having been born during the Depression and raised at the end of World War II, Reese learned "to eat everything and waste nothing." She was also raised in the south where fried chicken was a staple. Later in life, her performances at nightclubs also caused her to eat meals late at night.

And then there is butter pecan ice cream.

"I love butter pecan ice cream," she said. "I used to go to bed every night with a bowl of butter pecan ice cream."

But that's not the case anymore. "I'm now aware of portions," she said adding that when she is done eating her portion, she is done. "The first couple of weeks (after diagnoses) I cut back on portions of food. I felt abused

because I couldn't eat what I wanted to eat. But then my body started to help me," she said.

Physical activity was another area of her personal medical plan. "I despise the word 'exercise'," she said. "I changed it to 'activity'."

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Della Reese tells health fair visitors 'I am stronger than diabetes'

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While she still allows herself to relax – something she calls her favorite activity – she now realizes that she has to get up and *do* something after she relaxes.

She also credits her husband, Franklin, for “lovingly helping me do what I need to do.” She described how they often take walks together, use their stationary bicycle, and how they have fun social dancing.

With medication, more activity, and healthy eating habits, Reese has changed her mind about type 2 diabetes, and therefore changed her life.

“Diabetes is not the end of the world. We can whoop this,” she said. “I am living proof that you can be stronger than diabetes.”



Photo by Dan A xier

Della Reese, seated on the left, poses for a photo with (clockwise) Danielle Patterson, Office of Minority Health; Martha Bonds, Office of Minority Health; and Deputy State Health Commissioner Liz Carroll, J.D.

Della's tips for being stronger than diabetes

- ✓Talk about it – now!
- ✓Set goals.
- ✓Keep a healthy, balanced meal plan.
- ✓Get moving.
- ✓Stick with it.

For more information on the “Della Reese: Stronger than Diabetes” campaign, call toll-free 1-866-463-6342 or visit www.delladiabetes.com.

Information includes a free one-of-a-kind copy of “Take Della’s Challenge: Be Stronger than Diabetes,” a booklet filled with quick tips and true-life advice on managing type 2 diabetes as well as Della’s favorite diabetes-friendly recipes.

Also included is a motivational CD to encourage more active lifestyle featuring one of Della Reese’s songs.

Report examines Indiana's diabetes burden

Diabetes is a disease that affects an estimated 338,000 Hoosiers, and is the leading cause of blindness, kidney disease, and amputations.

And, according to Joyce Black, director of the State Department of Health’s **Diabetes Prevention and Control Program (DPCP)**, as many as one-third of those with diabetes have not been diagnosed, and are unaware they have the disease.

Type 2 diabetes accounts for about 90-95 percent of the cases of diabetes in adults, and the prevalence of diabetes increases with age, and has been linked to obesity and the lack of physical activity, said Black.

Although, one in five American adults over the age of 65 have diabetes, a recent study, according to Black, says that diabetes and its complications may be prevented or at least delayed.



“The Burden of Diabetes in Indiana,” a report from the State Department of Health’s diabetes program, describes the prevalence of diabetes in Indiana. It also lists risk factors and complications associated with diabetes, according to Cindy Woodruff, DPCP epidemiologist,

The burden report, according to Laura Heinrich, DPCP coordinator, is helping

lay the foundation for the state’s plan to control and prevent diabetes in Indiana, which is currently being assessed. “The problems must be identified in order to show why a state plan is needed,” said Heinrich.

“As a disease, diabetes can cause a quality of life burden as well as a financial burden,” said Woodruff. Complications listed in the report include heart disease and stroke, high blood pressure, blindness, kidney disease, amputations, dental disease, pregnancy, and others.

With more than 180,000 Hoosiers unaware they have diabetes, being diagnosed is an important issue. Early diagnosis and effective management of diabetes can help prevent the complications that can have such a negative impact on the quality of life of those with diabetes, said Woodruff.

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Assistant Commissioner and Strategic Planning Chair Joe Hunt answers questions about the Ten Essential Public Health Services in this issue's Strategic Planning column.

Q: *In general, what are the Ten Essential Public Health Services, and why are they important?*

A: The essential services framework was developed in 1994 as a method for better identifying and describing the core processes used in public health to promote health and prevent disease. All public health responsibilities (whether conducted by the local public health agency or another organization within the community) can be categorized into one of the services.

The essential services were selected due to:

- ♦broad awareness among the public health community;
- ♦their proven usefulness in other public health infrastructure initiatives, such as Healthy People 2010 and the National Public Health Performance Standards Program; and
- ♦the relationship of the essential services to previous public health frameworks such as the three core functions, and the ten organizational practices.

The Essential Public Health Services are:

1. Monitor health status to identify community health problems.
2. Diagnose and investigate health problems and health hazards in the community.
3. Inform, educate, and empower people

Diabetes

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The term "pre-diabetes" is used to describe individuals with higher than normal blood glucose levels, but whose levels are not high enough for a diagnosis of diabetes. Those identified with pre-diabetes are at a high risk for developing diabetes unless they make lifestyle changes to prevent or delay the onset of diabetes, according to Woodruff.

Becoming more active and eating healthy foods in moderation are the keys

about health issues.

4. Mobilize community partnerships to identify and solve health problems.
5. Develop policies and plans that support individual and community health efforts.
6. Enforce laws and regulations that protect health and ensure safety.
7. Link people to needed personal health services, and assure the provision of health care when otherwise unavailable.
8. Assure a competent public health and personal health care workforce.
9. Evaluate effectiveness, accessibility, and quality of personal and population-based health services.
10. Research for new insights and innovative solutions to health problems.

Q: *Who developed them?*

A: In 1994, US PH Service assembled a work group "in an attempt to develop a consensus statement of what PH is and does in language understandable to both those inside and outside the field of public health.

Q: *Why are you asking agency employees, and outside partners for their opinion on them?*

A: The ten essential services describe the basic responsibilities of public health agencies. The agency is interested in hearing from our partners and our staff about how well we are fulfilling those services. This information will help the planning work group review State Department of Health performance as part of selecting agency priorities for the next few years.

to prevention, said Black. Thirty minutes of exercise on most days of the week, and smaller portions can lead to a healthier lifestyle that can prevent or delay the onset of diabetes.

For more information, or to view "The Burden of Diabetes in Indiana," visit the Indiana State Department of Health's web site at <http://www.in.gov/isdh>, and click the Diabetes Report and Revised Care Guidelines link.

ISDH accepts Governor's challenge

Editor's note: Eric Neuburger, director of the Governor's Council for Physical Fitness and Sports, will regularly contribute to The Express about the council's activities.

Governor Kernan recently issued a challenge to state employees to walk five billion steps. The Governor's Challenge for Better Health, as it has come to be known, was made to encourage state employees to increase the amount of physical activity that they take part in on a daily basis. Through the use of a pedometer, a device that counts steps, employees are able to track their activity throughout the day.

A web site has been launched to track the progress of the challenge. It can be found at <http://www.in.gov/gov/healthchallenge>.

Pedometers are available to State Department of Health employees for the discounted cost of \$3.20 (exact change please). Be sure to check the intranet for scheduled times or e-mail eneuburg@isdh.state.in.us to arrange pedometer sales.

In an attempt to lead by example, the State Department of Health has committed to walking 100 million steps.

Teams can be formed so that staff can participate in some friendly internal competition. All that is required for a team is a group of 5-15, and a team captain. Teams can walk as a group or individually. The Governor's Challenge is designed to be flexible so that everyone can be encouraged to increase their level of activity. Teams can be submitted to Eric Neuburger via GroupWise.

Walking can be a fun way to increase physical activity. Challenge yourself to walk an extra mile each day, and you can significantly decrease your chances of developing a variety of life threatening diseases and illnesses. These conditions are preventable through increased activity and other healthy lifestyle choices.

Accept the challenge and form your team today!

— Contributed by Eric Neuburger
Director, Indiana Governor's Council
for Physical Fitness and Sports

Black and Minority Health Fair 2004

Variety of organizations represented at health fair

Booths at the Black and Minority Health Fair provided information to fair attendees on a variety of health-related topics. Free screenings ranged from stroke assessment, to oral health to vision. Giveaways were also at many booths including clipboards, pens, pencils, stress balls, cereal, pill boxes, umbrellas, and more.

The **Marion County Health Department** had several booths, including maternal and child health, among others. Lucretia Scammahorn, public health nurse, said the health fair offered the opportunity for the health department to promote healthy messages to a large number of people over the four-day period. "We want people to know what we do and that we are accessible," she said.

Also with the Marion County Health Department was the **Smile Mobile**, which offered free oral cancer checks for adults and children. "Your teeth do matter," said Melanie Digbie, dental assistant, about the messages being promoted. Information on how smoking, sugar and caffeine can affect oral health, as well as programs for those not able to afford dental care were available.

St. Vincent Hospital offered stroke assessments, including blood pressure checks. "We have a commitment to patient education in the black and minority community," said hospital employee James C. Porter.

The **American Heart Association** promoted healthy lifestyles, including healthy hearts. Stroke risk assessment forms were available as well as information on how to eat out healthfully, the warning signs of heart disease, and the warning signs of a heart attack. "Most people don't know the signs of a heart attack," said Sabre Logan, representing the association. "We are here for awareness."

Flanner Buchanan Funeral Centers offered free bicycle helmets to children participating in the bicycle riding safety course. "We are promoting child safety," said Mark McCrocklin. "Every audience where there is children is a good audience."



Photo by Mike Patton

Della Reese, center, helps cut the ribbon to officially open the fair. With her are, left to right, Liz Carroll, Deputy State Health Commissioner; Jeff Holland, GlaxoSmithKline; Martha Bonds, Health Fair director; Reese; Danielle Patterson, Office of Minority Health; and Dwayne Fletcher, GlaxoSmithKline.



Photo by Dan Axler

Terri Roberts has her blood drawn by Winetta Nelley at the One-Stop-One Stick booth.



Photo by Dan Axler

Irma Tragesser, Breast and Cervical Cancer Program, right, discusses cancer facts with a fair visitor.



Photo by Dan Axler

(Left to right) Norma Bell, Maternal and Child Health; Elnora Lacey, MCH; Andrea Wilkes, MCH; Piper Martin, Local Liaison Office; and Larry Nelson, MCH, show their aloha spirit at their booth.